



IA UPDATE

January 2024



Welcome to IA's latest newsletter. This update is jam packed with lots of news to get your teeth stuck into! It's full steam ahead as we plan the IA Information Day for Saturday 20 April. Our London Landmarks Half Marathon volunteers are in full training mode ready to take on the momentous challenge for IA. As always, please keep us up to date with what your group and volunteers are doing. We love sharing your efforts and it inspires others to do the same.

Catch Up With IA Group Relationship Lead Roy Bustin

As the annual reports have been coming in from groups, I've been reading with interest about the breadth of activity happening across the UK to support members and our work. Groups are making a positive impact in all sorts of ways; we have Merseyside IA and Manchester IA raising awareness at their respective airports, North Eastern IA working with their MP to influence policy around data collection, and IA Northern Ireland proactively engaging with healthcare teams. These are just a few examples of volunteering in action that contributes to IA's mission.

We want to continue to champion the work of groups and the impact that they are making. You don't need to wait to submit the annual report either, so let us know of your plans and we will be happy to promote them far and wide. I hope to visit as many groups as possible during the course of the year, so do let me know if you are planning events and I will do my best to attend. In other news, you may have seen our plan to move away from publishing postal addresses of branches on our website and in the Journal. Whilst we want to make it as easy as possible for members, healthcare professionals and the wider public to connect with groups, we recognise that

the publishing of personal home addresses should be avoided, where it is no longer necessary. IA's national office address will continue to be used for correspondence and we hope that this is a small step in making volunteering safer for everybody. Thanks to those volunteers that I have spoken with so far and for making me feel so welcome. If we've not yet had a chance to chat, do get in touch with me at roy.bustin@iasupport.org and I will be happy to arrange a call.



**IA Information Day
Saturday 20 April 2024**

DETAILS HERE: <https://iasupport.org/infoday24>

One2One Support Volunteers and Co-ordinators

IA's Information Day will take place on Saturday 20 April and we hope to see you there. On the evening of Friday 19 April we will be holding a get-together for IA One2One support volunteers and One2One support volunteer co-ordinators. This will be the first time in a very long time that IA's One2One support volunteers have had the opportunity to gather together in person and we do hope if you are a support volunteer, or a support volunteer co-ordinator that you will join us.

The evening will be at the same hotel as the Information Day (Hilton London Heathrow Airport Terminal 5, Poyle Road, Colnbrook, Berkshire, SL3 0FF) and will be a relaxed event with some fun included. An opportunity for One2One support volunteers and co-ordinators to meet and socialise, play some fun team games, and maybe put some of those learnt skills into practice. A buffet-style dinner will be available during the event for attendees.

Why not come along and see what it's all about. Take the opportunity to meet, have some fun and get to know one another without logging onto Zoom!

The evening will be funded by the national charity, but accommodation and travel expenses are not, we therefore encourage local committees to consider offering financial assistance to cover any expenses your local support volunteers may incur.



Let's get the support volunteers together, enjoying a long overdue evening of fun, games, and discussions, I know we're all really looking forward to it.

Further information for Information Day 2024 will be forthcoming, but in the meantime please share this invitation with all local support volunteers and co-ordinators and encourage attendance.

Paul Newton Magic Returns



Paul has been in the business of entertainment for over 10 years! We are thrilled to welcome him back for the IA Information Day on Saturday 20 April! Last year Paul was a huge hit and really made the night a joy for all. We will be sharing more details as it gets closer to April, and hope you are looking forward to it as much as we are!



Celebrating Our Fundraising Stars



Keith Kightley

Keith is walking the London Landmarks Half Marathon. He walks 10k everyday on average, and has been an IA member for two years. He would like to help raise funds for the organisation, to help repay for all the help and support he has received during this time.

Kate Carney

Kate is a colorectal surgeon and looks after a lot of patients who need ileostomies for many different reasons. She has also just become president of the North East branch of IA. Kate is running to support her patients, IA team and challenge herself. It is wonderful to see someone in Kate's position take on this great challenge!



Kelly Clarke

On 15th of June Kelly will be completing an ultra marathon comprising of the length of Hadrian's wall which is 70 miles. It will start at Carlisle Castle and finish at Gateshead Quayside with an allotted time of 26 hours. Kelly has had a permanent ileostomy for eight years after most of her life living with ulcerative colitis. She feels that having the ability to still take part in these challenges while having an ileostomy is something that needs to be advertised. Kelly helps run a stoma support group, which has a lot of people that feel they will have a sedentary life after surgery. She wants to promote that anything is possible, if that's what you want to do.



Thank you 

One2One Support Volunteer Training

Our latest One2One support course took place towards the end of last year and we were delighted to sign off our latest batch of recruits who are now fully trained One2One support volunteers. We caught up with Andy and Lea, two of our latest recruits and asked them why they undertook the training and what they have personally gained from it.



LEA: I had my first Ileostomy surgery in June 2022 and shortly afterwards I met an IA One2One volunteer. I remember thinking that I finally had someone to talk to who truly understood what I'd just gone through. When I had my second surgery due to complications One2One Support volunteer support was invaluable. She inspired me to become a volunteer myself as I wanted to be able to support people both pre- and post-op so they too could talk to someone that understood what they were going through.

ANDY: I have not had much luck with my health over the years and after a very serious bout of colitis in the late 90's, there was talk about surgery and having to have an ileostomy. At the time I found it quite a taboo subject and did not have anyone to talk to about life 'with a bag'. Whilst there were plenty of handouts and the stoma nurses I met were great - I just wanted to talk to someone who had been through it. Despite remission for over 10 years, the colitis returned alongside a bowel cancer diagnosis and so I needed surgery. I have always enjoyed talking to people and have been quite open about my various surgeries, treatments and experiences.

When the opportunity arose to become a One2One support volunteer I thought it would be ideal for me to develop new skills and techniques to help others. I learned so much during the training, especially how to actively listen and I achieved a greater understanding of what it means to support people with any lifestyle questions or queries they may have about life with a stoma. It is such a rewarding role and the training I received has also helped me in my personal and working life.

Our training is undertaken online via zoom across a number of training modules in a group setting. Peer to peer support and encouragement in a group setting is so important and helps the attendees to practice with others, get feedback from the training team and develop their communication skills, which they use as a support volunteer, and in everyday life.

The role of the One2One support volunteer can be a lifeline for many who are struggling to come to terms with the need for surgery, or who have had surgery and want to speak with someone who has been through something similar. A support volunteer is someone who will listen, empathise, understand their concerns and offer support and encouragement as required.

If you think that is you and would like to support someone else through their surgery or living with an ileostomy or internal pouch, please contact IA national office on info@iasupport.org and they will send you all the information you need to apply.

London Landmarks Half Marathon

We now have a limited number of spaces to represent IA in the LLHM (London Landmarks Half Marathon). The new year has seen a group of new entrants who we are very excited to welcome and join to the IA team.

Many of our entrants are walking, not running. It is a misconception that you have to run the entire event. Here at IA we encourage anyone to take part in whatever capacity they feel comfortable, and if walking is your preference, we welcome you with open arms!

Email the marketing team at marketing@iasupport.org to register your interest. We aim to get back to you within 48 hours, and will give you all the information you need to decide if this is the challenge for you.



We caught up with Steve who was one of the first people to sign up to represent IA in the London Landmarks Half Marathon. With three months to go until the big day his training has stepped up. Steve ensures he takes rest days and doesn't burn out by doing a variety of running and building up the mileage.

His aim initially was to run under two hours, but the pace he is currently running at has given him the motivation to attempt to get under 1hr 50 minutes. Keep up the great work Steve!

LONDON LANDMARKS HALF MARATHON 2024

Going the extra 13.1 miles for IA

Having a stoma or internal pouch doesn't mean you have to stay indoors.

If you, a family member or friend, is a keen runner with a heart for making a difference, we're offering the opportunity of a guaranteed place at the 2024 London Landmarks Half Marathon, a fantastic challenge event taking in the iconic sights of the capital.

We will supply a free running top for each competitor running in our name and, of course, they will make it into our Hall of Fundraisers Fame!

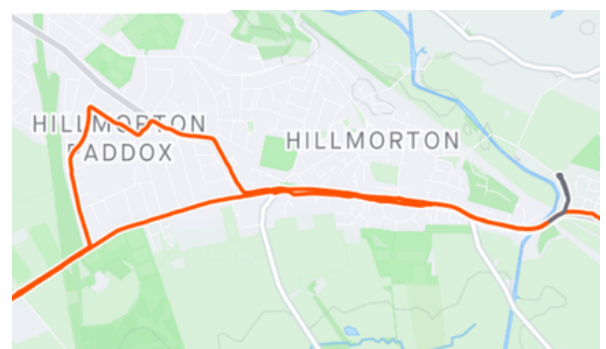
Email caroline.bramwell@iasupport.org for more information and secure your guaranteed place.

IA
Ileostomy & Internal Pouch Association

OFFICIAL CHARITY PARTNER OF THE LONDON LANDMARKS HALF MARATHON

0800 018 4724
info@iasupport.org
www.iasupport.org

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MONDAY 5k recovery run	TUESDAY Rest day	WEDNESDAY Sprint training	THURSDAY Rest day
FRIDAY Quick 5k	SATURDAY Rest day	SUNDAY 11k long run	

IA INFORMATION DAY 2024

**THE EVENT OF THE YEAR FOR OSTOMATES
AND THOSE WITH AN INTERNAL POUCH**

EMINENT SPEAKERS | WORKSHOPS | EXHIBITION | GALA DINNER

FIND DETAILS HERE:

<https://iasupport.org/infoday24>

IA

**Saturday 20th April 2024
Hilton London Heathrow Airport
Terminal 5, Colnbrook**